

# Gracie Combatives® / Women Empowered®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

THE GRACIE SELF-DEFENSE SYSTEM FOR WOMEN

23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6)
2	Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)
3	Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)
4	Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)
5	Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)
6	Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)
7	Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)
8	Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)
9	Elbow Escape – Mount (GU 12) Pull Guard (GU 21)
10	Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)
11	Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)
12	Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34)
13	Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)
14	Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)
15	Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)
16	Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)
17	Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)
18	Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)
19	Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)
20	Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)
21	Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)
22	Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)
23	Double Underhook Pass – Guard (GU 36) Double Leg Takedown (Conservative) (GU 17)

\*Parenthesis indicate corresponding video lesson number on GracieUniversity.com.

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Oct 2022					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 31 Bullyproof 5-6p Combatives 6:15-7:15p Class 14 RD / Open 7:30-9					1 Women Empowered Class 5, 9-10a Combatives Class 2 10:15-11:15
3 No Class	4	5	6 Bullyproof 5-6p Combatives Class 3 Women Empowered 6	7	8 Women Empowered Class 7 Combatives Class 4 10:15-11:15
10 Bullyproof 5-6p Combatives Class 5 RD / Open 7:30-9	11	12	13 Bullyproof 5-6p Combatives Class 6 Women Empowered 8	14	15 Women Empowered Class RD Standing Combatives Class 7 10:15-11:15
17 Bullyproof 5-6p Combatives Class 8 RD / Open 7:30-9	18	19	20 Bullyproof 5-6p Combatives Class 9 Women Empowered 9	21	22 Women Empowered Class 10 Combatives Class 10 10:15-11:15
24 Bullyproof 5-6p Combatives Class 11 BRING FRIEND RD / Open 7:30-9	25	26	27 Bullyproof 5-6p Combatives Class 12 Women Empowered 11	28	29 Women Empowered Class 12 Combatives Class 13 10:15-11:15
OCT 24 <sup>th</sup> Bring a Friend	Get a TSHIRT! (restrictions apply)				GRACIE GAME DAY! 12-1

## Women Empowered®

15 Classes	20 Essential Techniques	5	Super Slap Guard Get-ups (5 & 6) (Choke   Wrist Pin)	11	Hair Grab Defenses (Standing   Guard   Guard Pull   Hair Drag)
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard   Hair Grab)	6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch)	12	Weapon Defenses (Straight Armlock   Kimura)
2	Standard Wrist Releases Trap & Roll Escapes (3, 4 & 5) (Punch Block   Wrist Pin   Spread Hand)	7	Punch Block Series (Stages 1-5)	13	Shrimp Escape from Side Mnt Shirt Choke
3	Front Choke Defenses Guard Get-ups (1&2) (Standard   False Surrender)	8	Elbow Escape Guillotine Choke (Guard)	14	Advanced Guard Get-ups (7 8 9) (Direct Get-up   Knee Shield   Power Frame)
4	Inverted Wrist Releases Guard Get-ups (3 & 4) (Rider   Heavy Chest)	9	Rear Choke Defenses Drag Defenses (Wrist Drag   Ankle Drag)	15	Rear Naked Choke Triangle Choke (Giant Killer   Stage 3)
		10	Rear Bear Hug Defenses Guillotine Choke (Standing   Guard Pull)	RD	All STANDING or GROUND Techniques practiced in combinations